

## Information Bulletin Edinburgh city wide networks

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### Section 1

#### Classes, Courses, Workshops, Training, Support and Publications

##### **1 Positive Persons' Forum: Conference for people living with HIV**

The Positive Persons' Forum is an annual conference for people living with HIV in Scotland. It's a chance to share the challenges you face and to call for change.

The one-day conference is for anyone living with HIV in Scotland. The aim of the day is to ensure you have your say on what's needed for people living with HIV in Scotland and to make sure decision makers hear your voice. It is the only event of its type in Scotland and a fantastic opportunity for you to have a say and contribute to deciding what the priorities for change across society, services and policy should be.

Sessions include talks on cure research and rights and HIV, as well as workshops designed to explore your experiences and challenges and identify priorities for change across Scotland.

To book:

- Online: [www.hivscotland.com](http://www.hivscotland.com)
- By phone: 0131 558 3713
- By email: [info@hivscotland.com](mailto:info@hivscotland.com)

The conference is free to attend and taking place in Glasgow on the 22<sup>nd</sup> February. Help with travel costs and childcare is available.

##### **2 National Conference - Mental Health and Wellbeing in Later Life**

NHS Scotland in partnership with Age Scotland, Mental Health Foundation, the Alliance, Carers Scotland, and Carers Trust Scotland are jointly hosting this event on 27th February 2014 at Hampden Park in Glasgow, from 10am - 4pm. This event is free, but places are limited. To book, please email [irene.hamilton1@nhs.net](mailto:irene.hamilton1@nhs.net) or phone 01315365522. For more information, [click here](#).

### **3 Scottish Local Authorities Working Towards a Smoke-Free Generation**

Scotland's Tobacco Control Strategy developed through a partnership approach envisages a people free of the burden of tobacco by 2034, with a lower than 5% smoking prevalence rate and a whole generation living a healthier tobacco-free life.

This summit will see the launch of a public health campaign by Michael Matheson MSP, Minister for Public Health, along with an opening address from Cllr Peter Johnson, COSLA Spokesperson for Health and Wellbeing at the event.

The event will examine:

- How are Councils already responding to the call to work in partnership and reduce smoking prevalence in their communities?
- What are the possibilities for partnership working across local communities to combine resources and the creativity of local people in pursuit of a healthy tobacco-free Scotland?

Details:

- **26 March 2014**
- **Booking form will be on available on ASH website from 6th February.**
- **George Hotel, George Street, Edinburgh**

### **4 Harmless Psychotherapy – training**

Are you working /caring for someone who self-harms? Would you like to understand exactly why do they do it? Do you want to learn more about how to help them to get their self-harm under control until they can stop? Click [here](#) for more information.

### **5 Free Dynamic Youth Awards Training**

Do you work with young people on tobacco issues? Would you like them to get formally accredited for that work?

ASH Scotland is offering free training on Youth Achievement and Dynamic Youth Awards. The training is open to anyone who works with young people on tobacco related projects (tobacco can be part of a wider project) and would like to take forward the awards.

- 4<sup>th</sup> March 2014, 9:30am – 3:30pm
- Central Edinburgh

More information on the Dynamic Youth Awards [here](#).

To register contact Connie Bennett (Development Officer – Young People)

[cbennett@ashscotland.org.uk](mailto:cbennett@ashscotland.org.uk)

### **6 Outdoor first aid training**

ELGT is offering an outdoor First Aid course at the ELGT offices in Swanston, Edinburgh - essential for anyone working in the field. It's the full 16 hour course run over two days – Monday 3<sup>rd</sup> and Wednesday 5<sup>th</sup> February.

The initial price is £120 per person, but this will be reduced if there are more participants. Please email [Mark@elgt.org.uk](mailto:Mark@elgt.org.uk) if you are interested.

## 7 Upcoming events and courses at VOCAL

Whether you are new to caring or are have been a carer for a while, learning new skills to support you in your caring role can make a big difference. Free courses, information days and leisure events for carers are available at VOCAL including:

- [Carer Information Days](#) - find out more about benefits, rights and support available for you as a carer.
- [Stress Management courses](#) - a range of courses exploring relationships and emotional aspects of caring.
- [Self-Advocacy for carers](#) - learn to speak up more effectively and get your needs met, as well as those of the person you care for.

For the full programme of free courses and events please visit the [Carers Events & Training website](#).

## 8 Free internet training for older unpaid carers

Do you know a carer that is terrified of the internet but would like to learn? Someone who would like to find out how the internet can help with online shopping, information, Skype, email and lots more?

In March 2014, [ACEIT](#) is running a new, free 5 week training course especially for unpaid carers over 50 years of age. If you are interested or know someone that would benefit, contact Terry Blair on 0131 477 3883 by **Monday 17th February**.

## 9 Free cooking courses

Edinburgh Community Food are currently working in partnership with Changeworks and Citizens Advice Edinburgh to deliver a city wide programme which supports families with children to better manage rising energy/food costs and to maximise income. This project is funded by Big Lottery Support and Connect Fund.

**The Canny Families Project** involves a programme of affordable cooking courses across Edinburgh; each course runs over a six week period. With a focus on a different topic each week participants will not only learn practical cooking skills and how to make affordable and healthy family meals but will also improve their knowledge of nutrition and learn how to reduce food waste. Participants will also be offered affordable warmth advice from Changeworks as well as fuel poverty advice from Citizens Advice Edinburgh. The programme is open to parents with children under the age of 16. Childcare will be available for participants at all sessions.

We are now recruiting participants for upcoming courses at the following venues:

**Tuesday Mornings, from Tuesday 14<sup>th</sup> January to Tuesday 18<sup>th</sup> February , from 9.30am – 11.30am at Leith Academy ( see below for details on the men's cooking group)**

**Wednesday Mornings, from Wednesday 15<sup>th</sup> January to Wednesday 19<sup>th</sup> February, from 9.30am – 11.30am at Pentland Community Centre**

**Thursday mornings, from Thursday 16<sup>th</sup> January to Thursday 20<sup>th</sup> February, from 9.30am – 11.30am at Slateford Green Community Centre.**

If this is something that you would like to find out more about please contact Stephanie at Edinburgh Community Food :

Stephanie Scott  
Food and Health Development Worker  
Edinburgh Community Food (ECF)  
22 Tennant Street  
Edinburgh EH6 5ND  
Phone: 0131 467 7326

[sscott@edinburghcommunityfood.org.uk](mailto:sscott@edinburghcommunityfood.org.uk)  
[www.edinburghcommunityfood.org.uk](http://www.edinburghcommunityfood.org.uk)

## **10 Men's cooking group starting February 2014**

**Are you interested in learning to cook, eating healthily and on a budget? Would you like to be able to make your own curries, chillies, soups and stews for a fraction of the cost of a takeaway?**

[Edinburgh Community Food](#) are running a FREE cookery group for men from February 13th 2014 at Leith Academy. The group is suitable for complete beginners or those with some skills in the kitchen, and includes a 2 week Food Hygiene course leading to a nationally recognised qualification.

The group is free and open to all men of working age. For more information or to book your place please call Edinburgh Community Food on **0131 467 7326** or email Chris at: [cmantle@edinburghcommunityfood.org](mailto:cmantle@edinburghcommunityfood.org)

## Section 2

### Events, Fairs, Community Days and Seminars

#### 1 Dementia Friendly Portobello, Launch Event

City of Edinburgh Council has just announced plans to become a dementia friendly city.

[http://www.edinburgh.gov.uk/news/article/1380/edinburgh\\_to\\_become\\_dementia-friendly\\_city](http://www.edinburgh.gov.uk/news/article/1380/edinburgh_to_become_dementia-friendly_city)

As part of the first phase of this initiative Home Instead is working with local community leaders in Portobello to create a dementia friendly community in Edinburgh's Seaside.

Come along to our launch event on the 3rd of February 2014 at Portobello Library between 3.30pm and 5.30pm to find out more about dementia, and how you can help make Portobello a dementia friendly community.

We'll be joined by Sandra Shafii (NHS Lanarkshire Dementia Consultant) who was instrumental in helping Motherwell become Scotland's first dementia friendly town. Take inspiration from what is possible as Sandra tells us about their experiences.

#### 2 The Scottish Homelessness Involvement and Empowerment Network ( SHIEN) National Conference

This year's conference will explore ways to win the commitment and participation of our communities in local housing matters – including tenants, local activists and people living and using services locally.

SHIEN warmly welcomes everyone working within the new housing options approach – or interested in learning more about it – to share ideas and inspirations about ensuring local people are at the very heart of local housing approaches across Scotland.

- Thursday 30<sup>th</sup> January
- Albert Halls, Stirling

To book your free place, or to find out more, please contact Stephanie or Pauline by any of the following ways:

- 0141 420 7272 M: 07834437185
- [shien@ghn.org.uk](mailto:shien@ghn.org.uk)
- [www.ghn.org.uk/shien/booking](http://www.ghn.org.uk/shien/booking)

#### 3 History in the Making: Launch Event

LGBT Youth Scotland would like to invite you to their launch event at the home of Scotland's stories, The Scottish Storytelling Centre.

The event will be opened by Shona Robison MSP, Minister for Commonwealth Games and Sport, followed by a sample of the wide range of events happening across Scotland throughout February ([check out their programme here](#)) and the opportunity to meet Zoe Strachan and

Garry Mac, their Cultural Commissions recipients for 2014. They will also be debuting a special Cultural Commission on the night.

This event is our opportunity to say thank you to you, and acknowledge the ongoing support of Creative Scotland and the Scottish Government's Homecoming fund in making LGBT History Month possible.

- Thursday, 30 January 2014
- 17.00—19.00
- The Scottish Storytelling Centre, 43—45, High Street, Edinburgh, EH1 1SR

To book you place(s) at the event, register [here](#). Please feel free to also circulate to your wider networks.

## Section 3

### Health Service / Statutory Agencies / Government - documents and information

#### 1 A fairer, healthier Scotland: a way forward together Seminar – part of 'the Gathering'

- Wed. 19 February 2014
- 1pm-4p.m.
- The Lomond Suite, SECC, Glasgow

Community-led health organisations work with different organisations and agencies to tackle health inequalities at a local level. This seminar is a significant opportunity to join forces with many others in the third and public sectors (national and local) to exchange practice, information and ideas.

Speakers from community-led health sector and voluntary sector will join colleagues from Scottish Government and NHS Health Scotland in stimulating the discussion.

The seminar is free and the organisers – NHS Health Scotland, Voluntary Health Scotland, Community Food & Health Scotland and CHEX – want to encourage their members and contacts to come along, contribute and make the event memorable!

It's anticipated that 200 will come along and places are going fast. So, register your place now by clicking [here](#).

#### 2 Sir Harry Burns retires as Chief Medical Officer

The Chief Medical Officer of Scotland has announced his retirement to focus on researching health inequalities at Strathclyde University.

He said: "I am looking forward to being able to develop my interest in health inequalities further, and continuing to contribute towards building a better public health landscape."

He had held CMO role since 2005 and will take on his new role in April, where he will be working with the International Prevention Research Institute in France.

Full story [here](#)

#### 3 Latest welfare reform news from CHEX

With welfare reform continuing to dominate the headlines, CHEX brings you some of the latest news from around Scotland relating to welfare and community-led health.

- Thousands of people have been wrongly identified as liable for the bedroom tax, including some who now face eviction or have been forced to move to a smaller property, as a result of an error by Department of Work and Pensions. More [here](#).
- The Independent has a report that under Universal Credit families in social housing who have a family member die will be given three months before the so-called 'bedroom tax' is imposed upon them. More [here](#).
- The Department for Work and Pensions opened up an independent review of the sanctions that recipients of Jobseekers Allowance face. Both the [Citizens Advice Scotland](#) and [SCVO](#) have submitted - both which highlight the impact sanctions have on people and their families. You can read the now closed call for information [here](#)

and we'll keep an eye out for the final report.

#### **4 NHS Lothian Connections Newspaper**

The January edition of Connections is out today, read it [here](#).

This issue includes articles on:

- Staff who have been recognised at the New Year Honours
- Funding and grants available for staff
- Edinburgh based charity events coming soon
- Plus all the latest staff achievements and successes, including the Health 4 U teen health initiative and Royal College of General Practitioners Awards

#### **5 NHS Lothian Health Promotion Service**

The Health Promotion Service training programme includes short courses on a range of health promotion skills and topics relevant to key life stages e.g. Health Behaviour Change, Alcohol Brief Interventions, introduction to sexual health and Wellbeing and promoting Physical activity with people with a Learning Disability . Course aim to build confidence, explore attitudes and reinforce sound health promotion programmes, courses and events. The Service also runs a health inequalities seminar series in the City covering a range of topics relating to health inequalities.

For further information and to book a place on a training course please go to :

[www.nhslothianhpstraining.com](http://www.nhslothianhpstraining.com)

#### **6 Exciting training opportunity announced**

NHS Lothian in partnership with Edinburgh City Council, Mid Lothian Council and the Edinburgh College have developed a new Facilities Academy. The Academy will recruit candidates from all ages from the age of 16, offering them the opportunity to find out about all of the different job roles within Facilities in the NHS and Local Authorities. During the course, students will be able to talk to employees from all areas of facilities and get the opportunity to experience through work based placements what it is like to work in these roles. Formal applications to the Programme are via Edinburgh College.

The new Academy will start in February/March 2014. The students will be working towards achieving the Certificate of Work Readiness, which is a nationally recognised qualification. The College modules will be delivered at NHS Lothian's Comely Bank Centre with NHS Lothian staff assisting in the delivery of the course. The course is supported by Skills Development Scotland and Job Centre Plus. Applicants apply via a college application form and are jointly interviewed by the Service and the College. During the early weeks of the course students will attend NHS Lothian's corporate induction in preparation for commencing the placement and to enable them to be 'work ready' on completion of the course if they wish an NHS job. The Academy consists of a 15-16 week programme with a combination of study and placements which will be in either the Council or NHS Lothian.

Candidates who successfully complete the programme will be eligible to join the NHS Lothian Staff Bank from where they can apply for permanent posts and also may apply for posts within the Local Authorities, possibly as Modern Apprentices. The Academy offers people the

opportunity to undertake pre-employment preparation that includes the achievement of accredited qualifications.

This is an exciting opportunity for individuals to access an alternative route in to employment. It will give the employer partners the opportunity to inform and attract young people into the facilities departments of the organisations. The students will be able to obtain that ever important first work experience which will assist them secure employment in the future.

Further information can be obtained from Tracy McBurnie. Email  
[tracy.mcburnie@nhslothian.scot.nhs.uk](mailto:tracy.mcburnie@nhslothian.scot.nhs.uk)

Project Officer

Education and Employee Development

The Comely Bank Centre

13 Crewe Road South.

Edinburgh

EH4 2LD

Mobile:- 07881 517621

Landline:- 0131 537 8880

## **7 Call for carers to support student nurse training**

Edinburgh Napier University School of Nursing would like to support their teaching with input from carers, especially those with experience of caring for someone at home who has dementia. This will involve paid sessional work particularly to teach mental health nurses who will qualify in 2014/15.

This is a great opportunity to shape the nurses of the future and bring them some understanding of the issues affecting carers. For more information please contact Gwenne McIntosh by email ([g.mcintosh@napier.ac.uk](mailto:g.mcintosh@napier.ac.uk)) or phone 0131 455 5340.

## **8 Carers News issue 56 out now!**

The latest issue of Carers News is hot off the press, packed full of information and updates for carers on a range of issues including short breaks, carer legislation, VOCAL services and much more!

The newsletter also contains the full program of carer training courses and events from January to April 2014.

If you haven't received a copy of Carers News and would like to join our mailing list please email [centre@vocal.org.uk](mailto:centre@vocal.org.uk) or call the VOCAL carer centre team on 0131 622 6666.

You can also view the Carers News online and help us save paper!

## 9 Health & wellbeing courses for carers

The Carer Events & Training website contains a wide range of free activities and training opportunities for carers, including health, fitness and wellbeing:

Body Balance - combines Pilates and Yoga for a gentle and invigorating workout which is great for beginners as well as those with some experience. Also builds core strength and improves flexibility.

Connections, Changes, Choices - a six session course to help carers address the lifestyle, health and relationship changes that can occur when in a caring role.

Stress Management for Carers - this workshop explores the role of stress in our lives, how to recognise that stress has become a difficulty and how to reduce stress.

Download the full Carer Events & Training programme (PDF).

## 10 Let's get physical in 2014 - free access to Edinburgh Leisure for carers

Edinburgh Leisure have launched a new policy so that anyone using their facilities in a caring role will be ensured free access.

Carers (someone supporting an individual into an activity where they require additional support) can sign up at their nearest Edinburgh Leisure facility and will receive a card that links them to the cared for person's details. If carers wish to attend on their own, Edinburgh Leisure offer a range of concession products and projects - ask staff for details.

Find your nearest [Edinburgh Leisure venue](#)

## Section 4

### Strategies, Consultations, Campaigns and Websites

#### 1 SCVO concerns about European Structural and Investment Funds

The Scottish Council for Voluntary Organisations (SCVO) has stated that it is extremely concerned that the third sector has been carved out of the delivery and governance of the Scottish Government's new European Structural Funds programme. SCVO claims the sector's role in fighting poverty and creating jobs is at serious risk if these plans go ahead. It urges you to read its briefing and have your say by responding to the current consultation.

Summary (from SCVO):

- The new European Structural and Investment Funds must not be a wasted opportunity for Scotland
- The current consultation is dismissive of Scotland's third sector in contributing to EU2020 outcomes
- The current proposals do not sufficiently reinforce the European Commission's commitment to tackling poverty and social exclusion by:
  - ring-fencing a minimum of 20% of ESF in line with the recommendation of the Europe 2020 Flagship Initiative
  - ring-fencing 5% of ERDF for a community led local development (CLLD) approach to facilitate direct interventions to tackle poverty in deprived communities
- The third sector's historic role in employability is threatened by these proposals despite its successful track record
- Growing inequality is not addressed in what is a major opportunity to create change.
- The current proposals say nothing about reducing health inequalities
- To avoid loss of vital services, transition funding must be put in place until the processes are sorted out

Read the full SCVO briefing [here](#). Respond to the consultation [here](#).

#### 2 Scottish Recovery Network language: tell us what you think

"Patient", "service user", "person", "person with lived experience". The language and terminology around mental health is a topic of much discussion. SRN are still keen to hear your thoughts - over 100 people have taken part in their quick online survey so far. More [here](#).

#### 3 Publications

##### Change Fund progress report

The [Joint Improvement Team](#) has published its latest Reshaping Care for Older People Change Fund progress report. This report presents an analysis of the 2013/14 mid-year reports submitted by all 32 Partnerships. This is presented as an improvement resource for use by all partners. Click [here](#) to download it.

## **Will Self-Directed Support promote recovery in services?**

The way that social care is provided in Scotland is changing. SRN's Louise Christie takes a look at self-directed support (SDS) and how this new way of working could promote and encourage recovery in mental health services. More [here](#).

## **Alternatives to SIMD – ScotPHO**

The Scottish Index of Multiple Deprivation (SIMD) is widely used in Scotland to identify small area concentrations of material deprivation. It has also been used to identify individuals eligible for health promotion campaigns. However its use for this purpose has been criticised because as an area based measure it does not perform well in identifying materially deprived individuals. This limitation is particularly apparent in rural areas where populations are often heterogeneous. This paper explores possible alternatives to the SIMD for programme targeting. It concludes that while there are no obviously better options, some approaches might be worth exploring further. More [here](#).

## **IRISS publications**

IRISS has recently published some publications related to health and social care, exploring the uses of storytelling and the relationship between innovation in Scotland's social services. You can download them from these links:

- [Delivering Integrated Care and Support](#)
- [The role of personal storytelling in practice](#)
- [Exploring the relationships between evidence and innovation in the context of Scotland's social services](#)

## **Centre for Welfare Reform report**

The Centre for Welfare Reform has published a report of the on-going changes in benefits and how they have impacted people with disabilities. It argues that local government and welfare spending has been specifically targeted and examines what effects that could be having. Click [here](#) to download it.

## Section 5

### Organisations, Groups, Networks and Charities - News and Information

#### 1 Paths for All and Macmillan Cancer Support

Paths for All and Macmillan Cancer Support have on Thursday 23rd January launched a unique partnership to help people affected by cancer become more active by walking.

Traditionally cancer patients have been told to rest during and after treatment, however research has shown that being active during and after cancer treatment can maintain physical function, minimise the side effects of treatment and could help prevent recurrence and dying from the disease for some cancers.

Paths for All and Macmillan know that walking is the simple solution to getting people active. It's a free, low-impact activity that requires no special equipment and almost everyone can do it. By working together to deliver a walking programme across Scotland, Macmillan and Paths for All hope to help cancer patients reduce the amount of time spent sitting down and gradually build up their levels of activity.

The first walking programme will be delivered in Glasgow and will be rolled out into others areas across Scotland.

The local short walks will be delivered by trained volunteers and there will be walks taking place throughout the city. To find your nearest walk email [macmillan@pathsforall.org.uk](mailto:macmillan@pathsforall.org.uk) and/or call 01259 222338 or text WalkMORE and your name to 88802

#### 2 Office space for third sector arts organisations

The Ethical Property Company provide affordable, flexible and fully managed office space to charities, social enterprises, voluntary groups and organisations working in creative fields and the arts.

Their centre on Rose St in Edinburgh provides office space managed in a transparent and supportive way with the focus upon the sharing of resources and the creation of a communal working environment.

They currently have a variety of spaces available, from single desks to larger offices, to suit all budgets. If you are interested in the facilities we provide, please contact on 01865 403 260 or tweet them [@EthicalSpace](https://twitter.com/EthicalSpace).

#### 3 Edinburgh Council Carer Support Scheme

Edinburgh Council's carer support payment is a scheme to acknowledge the support unpaid carers give. This one off payment of £250 is for unpaid carers to spend on themselves to maintain their health and wellbeing or for a short break from caring. Previous applicants can reapply for the 2014 payment and other [eligibility criteria](#) apply.

Please note there is a limited fund for the payment and therefore applications will be processed on a first come first served basis and that payments cannot be guaranteed.

**Please note the deadline for applications in February 28<sup>th</sup> 2014.**

<http://www.edinburgh.gov.uk/carersupportpayment>

## **Carer Support Team:**

Direct Line: 0131 536 3371

E: [carer.support@luht.scot.nhs.uk](mailto:carer.support@luht.scot.nhs.uk)

## **4 VolunteerNet - volunteer support for carers**

[VolunteerNet](#) is a new pilot project for unpaid carers in Edinburgh who live with the person they care for. Once signed up, carers can log onto the website and find a volunteer to help with practical tasks, spend time with you and the person you care for, or spend time just with the person you care for whilst you have some time for yourself.

You may be eligible to join the service if:

- you and the person you care for are over 18
- you live together
- you live in Edinburgh

To find out more or take part in this pilot project call Social Care Direct on **0131 200 2336** or go to the [VolunteerNet](#) website.

## **5 VOCAL awarded LGBT Silver Charter Mark**

VOCAL has been working in partnership with [LGBT Youth Scotland](#) and are proud to have been awarded their Silver Charter Mark.

The [LGBT Charter of Rights](#) is a powerful way to help organisations look at their policy and practice in the context of LGBT equality and to help everyone in the organisation to focus on the quality of services they provide. VOCAL is committed to ensuring that staff and volunteers are aware of the issues affecting LGBT people in order to offer the right support, as effectively as possible.

## **6 Prostate Cancer UK's new campaign, Men United v Prostate Cancer**

Prostate cancer is the most common cancer in men in Scotland, with Prostate Cancer UK at the forefront of the battle against the disease by leading change, finding answers and supporting men.

The charity has designed the Quality Checklist to help guide men with the disease through their treatment, by outlining the care they can expect from the point of diagnosis onwards. The checklist - which has been endorsed by the Scottish Government, Cancer Networks, Health Boards and clinicians - can be found here: <http://prostatecanceruk.org/media/1826160/quality-checklist-leaflet-scotland.pdf>

Prostate Cancer UK runs support groups for men living with prostate cancer, their partners, families, friends or carers. For further information please call Ann Innes on 0141 314 0028.

Anyone concerned about prostate cancer can call Prostate Cancer UK's confidential Helpline on 0800 074 8383 or visit [www.prostatecanceruk.org](http://www.prostatecanceruk.org). The helpline is staffed by specialist nurses and open from 9am to 6pm on Monday to Friday and also from 6 - 8pm on Wednesdays.

To support Prostate Cancer UK's new campaign, Men United v Prostate Cancer visit:  
[www.prostatecanceruk.org/menunited](http://www.prostatecanceruk.org/menunited)

## Prostate Cancer UK

T: 0141 314 0050

E: [lauren.davies@prostatecanceruk.org](mailto:lauren.davies@prostatecanceruk.org)

7

## Ageing Well and the Velocity project

The Ageing Well Project promotes healthy lifestyles for people over 50 in Edinburgh. This project is a partnership between NHS Lothian, Edinburgh Leisure and the Pilmeny Development Project. The project is also part of the UK Ageing Well Network, which aims to increase the expectation of good health and wellbeing in later life. The Ageing Well Project is supported by a team of enthusiastic and dedicated volunteers, who are all over 50, that help to encourage and support participation in physical activity. All Ageing Well activities are either free or low cost. The emphasis is on meeting new people and making physical activity accessible and enjoyable for all.

- Health walks
- Dancing
- Chair-based exercise
- Singing
- Cycle Skills
- Velocity bike loan
- Allotment project
- Indoor Kurling
- Buddy Swimming
- Photography group

Ageing Well's Velocity bike loan scheme is aimed at budding cyclist aged 50 and over. The scheme offers participants the opportunity to hire a bike for up to 6 weeks free of charge , so is perfect for those looking to get back into cycling but who don't have access to a bike to do so. The scheme provides cyclist with a modern high quality town bike and all the necessary safety equipment so they can enjoy all the benefits of this health, environmentally friendly and social physical activity. To find out more information or if you are interested in a bike loan please contact Brendan Brodie on 0131 458 2185.

## Section 6

### Funding Opportunities and Grants

#### 1 Skills Development Scotland - Employer Recruitment Incentive

Payments of £1,500 are available to encourage employers to recruit young people facing specific barriers to employment such as; care leavers, ex-young offenders or young carers.

Until March 2015, Employer Recruitment Incentive (ERI) payments of £1,500 will be made available to employers who recruit a targeted young person (TYP) as a Modern Apprentice (MA) or into employment of 15 hours or more per week. Employers can be of any size and in the private, public or third sectors.

For further information, click [here](#).

#### 2 Grant funding for local celebrations

Celebrate will support new and existing events and activities that mark the Commonwealth Games through arts, heritage, sports and local community celebrations. The grant will fund local celebration events and activities which stimulate greater involvement in community activity and develop understanding as citizens of the Commonwealth with grants of between £500 and £10,000. Applications will close at noon on Friday 12th December 2014.

Further information can be found [here](#).

#### 3 Foundation Scotland - Scottish Whisky Action Fund

Foundation Scotland are looking to support and develop a range of projects and initiatives which deliver targeted interventions designed to tackle alcohol-related harms across three themes:

- Young people (aged under 18)
- Families
- Communities

There are two award categories for this fund: category one is up to £10,000 and category two is for £10,000 to £25,000.

For further information about the Fund, please contact Sian Langdon at Foundation Scotland on 0141 3414967 or e-mail: [sian@foundationscotland.org.uk](mailto:sian@foundationscotland.org.uk)

#### 4 The Young Grow Wild grant has increased to £500

Groups can now apply for a grant of up to £500 for ideas about how your group could kick start an exciting planting project in your community. This is an exciting new grant programme for 2014 designed to support groups of young people to make their own ideas a reality. We're looking for youth led ideas that use plants to cheer up your local community, provide wildlife habitats and help communities to work together. There's more information [here](#).

#### 5 Reminder: Community Transport Funding closes 31/1/14

The Scottish Government and SCVO have a £1 million to offer to organisations looking to buy

or repair community transport vehicles. The deadline for the support is looming so get your applications in soon. Information [here](#).

## **6 Talking Science grants scheme**

This new grants programme is aimed at supporting public activities and events that get people talking about science, technology, and engineering and how they impact on our everyday lives. Funding will be awarded to projects that take science activities to a public audience in rural or remote parts of Scotland, or disadvantaged areas in our towns and cities. More information [here](#).

## **7 Forbes Charitable Foundation**

Grants of up to £5,000 are available to charities primarily benefiting people with a learning disability. The trustees prefer small to medium-sized organisations and awarded 44 grants totalling £260,831 in 2012/13.

Next deadline is 28th February 2014. For further information, click [here](#).

## **8 Funding for Physical Activity and Sports Events Available NOW!**

We are delighted to announce that the Activcity Funding Programme is back for 2014/15. This is an initiative of the City of Edinburgh Council that supports events that promote physical activity and sport and within the city.

Activcity works alongside local sports clubs, governing bodies, community organisations and voluntary groups to fund and develop physical activity and sport events.

To find out more about the funding available, the programme guidance and an application form, click below :

[Activcity: Physical Activity and Sports funding for Edinburgh](#)

Edinburgh hosts a series of physical activity and sports events annually. These range from events that attract a worldwide audience to small community initiatives that aim to get local people involved in physical activity. In 2014 our events programme will include the Tour Series, ATP Champions Tour and several other mass participation walking, running and cycling events.

If you require any additional information please do not hesitate to call or send an email.

Sean Webster | Sports Officer | Culture and Sport | Corporate Governance | City of Edinburgh Council | Waverley Court | East Market Street | Edinburgh | EH8 8BG | tel 0131 529 7165 | 077377 24960 [sean.webster@edinburgh.gov.uk](mailto:sean.webster@edinburgh.gov.uk)

## **9 Resourcing Scotland's Heritage**

Resourcing Scotland's Heritage (RSH) aims to provide Scotland's diverse heritage sector with the vital tools, training and support needed to develop its capacity and confidence in generating income from private sources.

The project will run over three years from 2014 and will be the first fully co-ordinated sector specific training and network strengthening project of its kind.

The RSH will work closely with relevant stakeholders to ensure effective and efficient implementation of the RSH Fundraising and Capacity Building programme, with responsibility for the overall coordination, implementation, execution, control and completion of a training programme that meets the diverse needs and goals of the sector.

You can find more information [here](#).

## Section 7

### Useful websites and contacts

#### NHS / City of Edinburgh Council / Scottish Government

##### 1 NHS Lothian

[www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

NHS Lothian Headquarters: Waverley Gate, 2-4 Waterloo Place, Edinburgh EH1 3EG

Reception Telephone: 0131 465 5400

##### 2 NHS Inform

NHS inform provides the public, patients and carers with a wide range of quality assured health information online at [www.nhsinform.co.uk](http://www.nhsinform.co.uk), over the telephone at **0800 22 44 88** (between 8am and 10pm) and in the future, face to face.

##### 3 NHS 24

NHS 24 provides comprehensive up to date health information and self care advice for people in Scotland. This is an on-line and telephone based service.

Telephone: **08454 242424**

Email: [www.nhs24.com](http://www.nhs24.com)

##### 4 The City of Edinburgh Council

[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

Then either click on the department or service, or use the Search facility

For general enquires call our Customer Contact Centre: 0131 200 2300.

For a specific member of staff call Switchboard: 0131 200 2000

##### 5 Neighbourhood Partnerships

<http://www.edinburghhnp.org.uk/>

##### 6 Neighbourhood Offices

City Centre 529 7061

East 529 3111

North 529 5050

South 529 5151

South West 527 3800

West 529 7440

##### 7 Neighbourhood Partnership Website - External funding opportunities

<http://www.edinburghhnp.org.uk/about-nps/funding/external-funding-updates>

The Neighbourhood Partnership website provides local news and events including frequent updates on external sources of funding available for individuals, community groups and local activities.

##### 8 Capital City Partnership (CCP)

[www.capitalcitypartnership.org](http://www.capitalcitypartnership.org)

[www.joinedupforjobs.org.uk](http://www.joinedupforjobs.org.uk)

The CCP is a key strategic partnership within Edinburgh's Community Planning Framework, leading on the delivery of the regeneration targets of the city's Single Outcome Agreement. It brings together key statutory, voluntary, community and private sector organisations to promote change and joint working for community regeneration. Telephone: 0131 270 6040

##### 9 Scottish Government (Publications) Online

[www.scotland.gov.uk/Home](http://www.scotland.gov.uk/Home)

Then click on PUBLICATIONS

##### 10 The Edinburgh Compact Online

[www.edinburghcompact.org](http://www.edinburghcompact.org)

Searchable database of local organisations.

**11 Healthcare Improvement Scotland (HIS) - Publications**

<http://www.healthcareimprovementscotland.org>

Then search on Publications QuickFind

**Edinburgh Office**

Gyle Square, 1 South Gyle Crescent, Edinburgh, EH12 9EB

Main Switchboard: 0131 275 6000

**12 Mental Health Foundation**

Committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives.

Edinburgh Office, 18 Walker Street, Edinburgh EH3 7LP

Tel: 0131 243 3800

Website: <http://www.mentalhealth.org.uk/contact-us/>

'Like' us on [Facebook](#) and [follow us on Twitter](#) for up-to-date mental health news as well as exclusive tips on living a mentally healthier life.

**13 Social Impact Scotland**

<http://www.socialimpactscotland.org.uk>

**14 Health in my language - Translated information about health and health services in Scotland**

This website lets you find information about health related services in Scotland which has been translated into different languages. You will find information about health and health services.

Website: <http://www.healthinmylanguage.com/home.aspx>

**15 City of Edinburgh Council, Equality News and Events**

See the [Edinburgh Equalities Network](#) website for '[Latest News](#)' and [events](#) which are updated regularly.

**16 The Scottish Health Council**

The Scottish Health Council remit is to improve how the NHS in Scotland involves people in decisions about health services. There is a national office in Glasgow and a local office in each Board area. If you have any questions, or wish to find out more, please contact the local office.

LOTHIAN OFFICE

Pentland House, Ground Floor, 47 Robb's Loan, Edinburgh, EH14 1SQ

Tel: 0131 537 8545

Email: [✉susan.mclaren@scottishhealthcouncil.org](mailto:susan.mclaren@scottishhealthcouncil.org)

NATIONAL OFFICE

Scottish Health Council National Office, Delta House, 50 West Nile Street, Glasgow, G1 2NP

Telephone: 0141 241 6308      Text Phone: 0141 241 6316

**17 edspace - Edinburgh Mental Health Information for:**

- People experiencing mental health difficulties
- Carers, family and friends of people experiencing mental health difficulties
- Employees of service providers across the statutory, voluntary and private sectors
- Anyone with an interest in mental health and wellbeing

Website: <http://www.edspace.org.uk/>

Information Resource Centre infoline: 0131 243 0106

## Voluntary, Community Agencies and Partnerships

### 1 Get On – Learning, Volunteering, Training and Employment

Get On Edinburgh links people up with the support they need to get on in life – whether they want to learn new skills, volunteer, or find a job. Make new contacts, gain new skills, and provide a better service. The network is open to all staff providing frontline services in Edinburgh and beyond. There are Get On information points across the City.

Website: [www.geton-edinburgh.org.uk](http://www.geton-edinburgh.org.uk)

Telephone: 0800 917 4244 Email: [info@geton-edinburgh.org.uk](mailto:info@geton-edinburgh.org.uk)

### 2 Health All Round

This organisation uses a holistic approach to provide services focusing on physical, social and emotional wellbeing. Website: [www.healthallround.org.uk](http://www.healthallround.org.uk)

### 3 Volunteer Centre Edinburgh (VCE)

Volunteer Centre Edinburgh exists to involve more people more effectively in volunteering to help to solve problems and enrich communities. We do this by leadership, brokerage and inclusion. See: <http://www.volunteeredinburgh.org.uk/about/mission>

### 4 Scottish Council for Voluntary Organisations (SCVO)

Mansfield Traquair Centre, Mansfield Place, Edinburgh EH3 6BB

Tel: 0131 556 3882 - Email: [enquiries@scvo.org.uk](mailto:enquiries@scvo.org.uk) Web: [www.scvo.org](http://www.scvo.org)

### 5 Edinburgh Voluntary Organisations' Council – EVOC

EVOC is a resource for the voluntary sector and sits within it. It is a local organisation, which helps to support, develop and promote the interests and work of voluntary and community organisations in Edinburgh. <http://www.evoc.org.uk/>

EVOC publishes a monthly ebulletin on the [Edinburgh Compact](http://www.edinburghcompact.org) website providing information to voluntary organisations in Edinburgh.

### 6 Scottish Families Affected by Drugs

[www.sfad.org.uk](http://www.sfad.org.uk)

Free and confidential helpline: 08080 101011 (5.00pm to 11.00pm 7 days a week)

### 7 Contact a Family Scotland, Helping families who care for children with any disability or additional need

Craigmillar Social Enterprise & Arts Centre, 11 Harewood Road, Edinburgh EH16 4NT

Lesley Gray | Enquiries & Group Development Officer

Tel: 0131 659 2930: E-mail: [lesley.gray@cafamily.org.uk](mailto:lesley.gray@cafamily.org.uk):

Contact a Family - <http://www.cafamily.org.uk>

Freephone Helpline 0808 808 3555

### 8 Alcohol Focus Scotland - the national charity for alcohol issues. Keep up to date with the latest alcohol news and issues on the website -

[www.alcohol-focus-scotland.org.uk](http://www.alcohol-focus-scotland.org.uk)

### 9 New HIV Scotland website

HIV Scotland's new website is [www.hivscotland.com](http://www.hivscotland.com) and contains information on HIV, the latest policy, practice and research developments and news of/links to services and events.

### 10 LGBT Centre for Health and Well Being offers events, support, news, courses, keep fit and well being. Visit [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk) for information.

Contact details. LGBT Health, 9 Howe Street, Edinburgh EH3 6TE. Telephone 0131 523

**Information for this bulletin has been gathered from various NHS and non NHS publications, emails, newsletters, etc. The Edinburgh Community Health Partnership / NHS Lothian is not responsible for the content of non NHS sources or the information contained therein.**

**If you would like information about a course, event, website, etc. to be included in a bulletin or if you would like to be added to the distribution list please get in touch with the contact below.**

Bill Hannah Canaan Park Astley Ainslie Hospital 133 Grange Loan Edinburgh EH9 2HL	Telephone: 0131 537 9542 Internal Telephone: (4)9542 Email: <a href="mailto:Bill.Hannah@nhslothian.scot.nhs.uk">Bill.Hannah@nhslothian.scot.nhs.uk</a>
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